FROSTY RECEPTION

ONE OF METRO'S REEL GUYS LIKENS NEW ANNA KARENINA FILM ADAPTATION TO AN OPERA THAT'S ALL DRAMA, NO MUSIC — BUT BOTH PRAISE KNIGHTLEY PAGE 14

REGINA metro

WEEKEND, NOV 30-DEC 2, 2012

News worth sharing

metronews.ca | twitter.com/metroregina| facebook.com/metroregina

VOLKSFEST SALES EVENT

UP TO $6,000 CASH SAVINGS*

2012 Routan amount shown

2012 Jetta $3,000 CASH SAVINGS*

2012 Tiguan $3,000 CASH SAVINGS*

Great offers also available on our 2013 models.

Life is paying you back

www.taylorvw.ca

*See Dealer for Details

Wall, Ghiz MoBros for life

Men's health issues. Saskatchewan premier beats out 'Magnum P.E.I.' for fundraising bragging rights

JANE CAULFIELD
Metro in Saskatoon

It's not the quality of your moustache that matters, it's the quality of men's health.

At least, that's the message both Premier Brad Wall and his Movember rival, P.E.I Premier Robert Ghiz, are sending out at the end of their month-long moustache growing competition.

"It's about the money we can raise for prostate cancer ... but it's also about awareness.... We want men, if you're over 40, to be checked — to get examined. If you don't, that's dumb," Wall told reporters on Thursday.

Kicking off Movember, Wall challenged Ghiz to a 'stache-off — a challenge Ghiz took, calling his campaign "Magnum P.E.I."

"The campaign has been a great opportunity for myself and Brad to have a friendly competition and raise some money for a good cause," said Ghiz in an email Thursday. "So far, we've both raised a good amount of money for men's health and I'm confident that my mustache looks better than Brad's!"

While Wall has remained in the lead for fundraising, he admitted that Ghiz has managed to grow a better moustache.

"I feel happy for Robert that he's got such a great moustache," said Wall.

Ghiz, who has recently become dean of premiers, is the longest serving premier, as well as the youngest.

"I told him he needs the facial hair if he's supposed to be the veteran among us," Wall joked. By Thursday night, Wall had raised $14,821 while Ghiz had raised $12,301. Each premier donated $200 to his MoBros campaign.

Brad Wall, left, challenged P.E.I. Premier Robert Ghiz to join him in participating in Movember — a challenge Ghiz happily accepted. At the end of the month, the premiers have collectively raised more than $27,000 for the charity, which targets prostate cancer and mental health. WALL: ALYSSA MCDONALD/METRO, GHIZ: CONTRIBUTED

Statehood for Palestinians

UN General Assembly vote may open up possibility of going after Israel for alleged war crimes PAGE 6

AIDS-free future not far?

Obama administration says goal may be in reach within a generation PAGE 9

Visit Oliver's Menswear at their contemporary new downtown location today for in-store specials!

20% OFF Entire Selection Friday and Saturday Only!

Open Mon- Sat 9:30am - 5:30pm. • Sun closed

OLIVER'S MENSWEAR

1920 HAMILTON STREET

306.565.0005

Serving Regina for 25 years.

Give a Gift, Get a Gift!

Treat yourself or someone on your list!

Shop books, gifts, home décor, toys & more.

Promotion ends Sunday

Indigo | Chapters | Coles

/chaptersindigo

In-store Only: Offer valid November 29 - December 2, 2012, or while quantities last on in-stock, eligible items. Applicable minimum purchase requirement is after discounts, plum points redemptions and before taxes. Memberships, Love of Reading foundation donations and giftcards are not included in the minimum purchase requirement calculation. Not valid on kiosk orders. Offer not valid in conjunction with any other offer or promotion and cannot be used to adjust amount paid on previous purchases. Only one promotional giftcard will be issued per customer which can be used towards next purchase. The value of the promotional giftcard will be forfeited if products purchased are returned and minimum purchase requirement is not met. Offer may change or end at any time without notice. Indigo, Chapters and Coles are registered trademarks of Indigo Books & Music Inc.

RCMP live-tweets all calls made in Saskatchewan

Inside a police call centre. RCMP open their phone lines to Twitter, tweeting everything from stolen cars to collisions

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The communication centre of the RCMP live-tweeted all their calls Thursday night in hopes of spreading awareness about their public role.

"We would never be able to invite as many people as we wanted to come into our call centre and basically look over our shoulder while we take calls," said Natalie Gray, a communications specialist with the RCMP, who was one the people live-tweeting.

At a press conference Thursday afternoon, Grey said every single call received between 6 p.m. and 2 a.m. would be tweeted out with the hashtag #CopCalls, whether it's a 911 hang-up, an assault or a traffic collision.

"We respond to a wide variety of calls and I think after people spend a few hours with us tonight they will have a really good understanding of the scope and variety of the work that we do," said Gray.

For the latest on Regina RCMP go to metronews.ca

CopCalls

@RCMPSK:
#RCMP #NorthDistrict: Motor vehicle collision with wildlife – no injuries #CopCalls ^ng

@RCMPSK :
#RCMP #NorthDistrict: Unwanted person in a residence #CopCalls ^ng

@RCMPSK :
#RCMP #NorthDistrict: Assault in progress #CopCalls ^ng

@RCMPSK :
#RCMP #NorthDistrict: Assault and stolen vehicle #CopCalls ^ng

@RCMPSK :
#RCMP #SouthDistrict: Motor vehicle collision with injuries unknown #CopCalls ^ng

@RCMPSK :
#RCMP #NorthDistrict: Two vehicle collision with injuries #CopCalls ^ngk thnx.

Logo release kicks off 2013 Grey Cup celebrations

With the unveiling of the 2013 Grey Cup logo, the Queen City has gone into celebration mode. Organizers released the logo Thursday night at Evraz Place to a party of Rider fans. The logo plays off the passion of fans here in Riderville, which last hosted the Grey Cup game in 2003. Check out www.metronews.ca for more on the event. CONTRIBUTED

Holiday scare

Yule log video prompts 911 calls about stadium fire

Stand down, Regina, Mosaic Stadium isn't on fire.

People have called 911 over the last few days to report a fire at Mosaic Stadium, where the CFL's Saskatchewan Roughriders play.

Deputy fire Chief Gerard Kay says callers have been insistent, describing bright flames and the smell of smoke.

But when firefighters arrived, there was no fire.

Kay says it took them three or four trips before they realized that people were seeing large video screens inside the stadium broadcasting the perennially popular holiday fireplace video.

The fire department has called the Roughriders asking them to change the video, and a spokesperson confirms it has been taken off.

CJME/THE CANADIAN PRESS

22,000 affected

Saskatchewan minimum wage rising 50 cents

The minimum wage in Saskatchewan is scheduled to rise this Saturday by 50 cents.

The new rate will be $10 an hour and will affect about 22,000 minimum-wage earners in the province.

The government says they represent about five per cent of the paid workforce in the province.

Legislation requires the minimum wage to be reviewed by the government every two years. THE CANADIAN PRESS/GLOBAL REGINA

Darke Hall restoration

University of Regina receives $1M donation

The University of Regina says it has received an anonymous donation of $1 million, which will go toward restoring Darke Hall.

The donation is the largest ever made by an alumnus. It brings the fundraising total for the university's College Avenue Campus Renewal Project to $4 million.

As part of the project, the college building and conservatory will be restored, along with Darke Hall, and the buildings will be reused by the university. THE CANADIAN PRESS/CTV REGINA

Uhh ... go green?

Save the planet before you die ... or after

Saskatchewan has approved a new and greener way to deal with bodies.

Todd Lumbard of Speers Funeral Home says the end results of alkaline hydrolysis are a lot like cremation.

An alkaline solution is used in a pressurized chamber and bodies are essentially reduced to liquid and bone. The liquid is flushed away or poured down the drain.

Lumbard says alkaline hydrolysis has a much smaller carbon footprint than cremation, so it is seen as a more environmentally-friendly option. THE CANADIAN PRESS/CJME

Queen City foodies welcome raw deal instead of cooking

Natural nutrients.
People are learning that the raw food diet is 'more than just salad'

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The raw food diet is becoming progressively popular in the Queen City, so much that the Regina Public Library has been holding events about how to get started.

"Eating raw food is something that seems foreign to a lot of us and people were looking for some information on how to get started," said Tanya Rogoschewsky, branch hand at the Connaught Library.

Rogoschewsky organized the first session in March after numerous people requested it on comment cards at other food nights held at the Connaught Library. Since then, it has spread to other libraries across the city.

"If you had tried to do a raw food event five years ago, I think you would have had trouble getting anybody out and someone to present on it," said Rogoschewsky.

All the raw food events have been for 20 people and all spots were usually booked up with a waiting list before the event. The last feast was Thursday night at George Bothwell Library with Regina-based certified raw food chef Allysia Kerney.

"Raw foods are among the healthiest foods you can eat because they preserve their natural nutrients. When you cook food, you loose a lot of the phytonutrients and antioxidants when heated," said Kerney, 26.

For a raw food diet, no food can be heated above 115°F.

Healthy dessert. Yes.

Eating a healthy dessert might not be the first thing you would think to incorporate raw food, but raw food chef Allysia Kerney says it is one of the easiest.

- "They taste really good," said Kerney. "But instead of all the crap that they are normally made out of, you are basically eating nuts and fruit."
- Kerney focused on dessert at last night's event, making a chocolate pudding and cheesecake.

Raw food chef Allysia Kerney with ingredients for raw desserts, including chocolate pudding and cheesecake. ALYSSAMCDONALD/METRO

PROTECT YOURSELF AND OTHERS FROM THE FLU
• Get your flu shot
• Wash your hands frequently or use a hand sanitizer
• Cough or sneeze into your arm, not your hand
• Stay home if you're sick
To learn more visit fightflu.ca
Public Health Agency of Canada
Agence de la santé publique du Canada
Canada

Caught at border

Cult kids return home to Canada

Ten children, aged two through seven, who were allegedly living in Arizona with followers of a self-styled guru have been returned to Quebec and placed in youth protection. Two more returned to B.C. and another two are still missing.

Marcel Pontbriand of Beloeil, Que., led the cult, which allegedly separated kids from their parents.

THE CANADIAN PRESS

Biohazard

Man jailed for syringe assaults

A Quebec man who hid dirty syringes in clothing at a shopping mall has been sentenced to four years in jail.

Claude Letourneau had pleaded guilty to 32 counts of theft, assault with a weapon causing harm and assault with a weapon.

Several shoppers were pricked by the needles and had to undergo drug treatment.

THE CANADIAN PRESS

Salvation Army

Second charged in $2M toy theft

A second person has been charged in connection with the theft of 100,000 toys and other items from a Salvation Army warehouse in Toronto, police said Thursday.

Umaish Ramrattan, 61, of Ajax, Ont., faces 40 charges, including several counts of theft and possession of stolen property, and is to appear in court on Jan. 4.

THE CANADIAN PRESS

Espionage

Warrants for spy to be released

The federal Crown has consented to unsealing redacted versions of three search warrants used to obtain evidence against a navy officer who pleaded guilty last month to passing military secrets to Russia.

Sub-Lt. Jeffrey Paul Delisle pleaded guilty in October to passing information to a foreign entity and breach of trust for selling classified information. He will be sentenced Jan. 10.

THE CANADIAN PRESS

Quebec holds blood for fear of contamination

Concern at provincial blood supply agency. Tiny cracks in the packaging may have been the result of a manufacturing defect

Quebec's health minister offered assurances to patients on Thursday after the agency that oversees blood supplies in the province temporarily suspended use of some of its stock.

The problem has led to the postponement of some operations throughout the province.

"There is no contamination of the blood in Quebec," Health Minister Rejean Hebert told reporters in Quebec City.

"There is a problem with some batches of blood that could be contaminated, and we have withdrawn those batches of blood to be sure there's no problem."

Hebert insisted there is no risk to patients, adding that the agency, Hema-Quebec, has the reserves necessary to fulfil the needs of hospitals.

A Montreal health services spokeswoman said some elective surgeries at five area hospitals were delayed, including heart operations at three major Montreal hospitals.

A spokesman for Hema-Quebec said there was a problem with the equipment used to keep blood. Tiny cracks were found in some packaging used to store blood stock at a Montreal holding facility.

Laurent-Paul Menard said the blood, some of which had already been distributed to hospitals, risked being exposed to air, which creates favourable conditions for bacteria.

Menard said about 70 per cent of the agency's stock might be held for examination.

Hema-Quebec suggested the leaks in the bags appeared to have been a manufacturing defect. THE CANADIAN PRESS

A bag of blood is shown at a Montreal clinic on Thursday. Exposure to air could make a portion of the supply unusable. RYAN REMIORZ/THE CANADIAN PRESS

Suspended

70%

The amount of the agency's blood stock that might be held for examination due to fears of bacterial contaminants

On the web

Find more news online at metronews.ca

SPECIAL BONUS EVENT!
SATURDAY, DECEMBER 1 & SUNDAY, DECEMBER 2, 2012
spend YOUR POINTS EVENT!
FREE feels good
SPEND 38,000 POINTS AND GET UP TO $70 OFF** THAT'S AN EXTRA $10
SPEND 50,000 POINTS AND GET UP TO $105 OFF** THAT'S AN EXTRA $20
SPEND 95,000 POINTS AND GET UP TO $210 OFF** THAT'S AN EXTRA $40
PRICES IN EFFECT SATURDAY, DECEMBER 1 TO FRIDAY, DECEMBER 7, 2012
PANTENE PRO-V
3.99 each PANTENE HAIR CARE PRODUCTS Selected Types & Sizes Excludes Premium
HOLIDAY MUST-HAVES
20% off* ORAL-B POWER BRUSHES Selected Types
34.99 each CREST WHITESTRIPS 14's - 28's Selected Types
GIFTS for HIM
12.99 each OLD SPICE CHAMPION or FIJI GIFT SET
19.99 each GILLETTE FUSION STYLER
head & shoulders
4.99 each HEAD & SHOULDERS SHAMPOO (420mL) or CONDITIONER (400mL) Selected Types
10.99 each NEW COVERGIRL CLUMPCRUSHER BY LASHBLAST
14.99 each COVERGIRL OUTLAST STAY FABULOUS 3 IN 1 FOUNDATION
13.99 each NICE N EASY PERFECT 10
25% off* OLAY SKIN CARE PRODUCTS Selected Types & Sizes Excludes Gift Sets
GIFTS for HER
39.99 each OLAY TOTAL EFFECTS GIFT SET
Visit shoppersdrugmart.ca to find a store nearest you
SHOPPERS DRUG MART
Prices and Shoppers Optimum Bonus Points® in effect from Saturday, December 1 until Friday, December 7, 2012 while quantities last. We reserve the right to limit quantities. *Our Regular Price. **Taxes are payable on the full purchase price prior to the application of the discount reward. Offer is a reduction off your total pre-tax purchase price of products eligible for point redemption. Points are not redeemable for cash or credit. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. All other reward levels remain in effect during this promotion. Offer excludes prescription purchases, products with codeine, non-pointable items, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care locations. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. Valid Shoppers Optimum Card® must be presented at time of purchase. Shoppers Optimum Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. ® 911979 Alberta Ltd.

Guilt FREE Holidays!
Can't pass on the gravy? Can't resist dessert?

Sticking to a healthy eating plan during the holiday season can be difficult. On days that you find it tough to follow a healthy diet – or on designated cheat days – you can at least stop some of the excess carbohydrate (starch) and fat calories from adding to your expanding fat cell accounts by supplementing with scientifically proven starch and fat blocking nutrients. Even Dr. Oz is talking about the benefits of white kidney bean for those days when you cannot follow a healthy eating regimen.

Ultimate Starch & Fat Blocker with Phase II (white kidney bean) will help you get through the season without paying for it on the scales. Just take Ultimate Starch and Fat Blocker before your meal and…

- ☑ Block 60% of calories from most starches
- ☑ Block 30% of calories from fat
- ☑ Reduce cravings

100% MONEY BACK GUARANTEED TO WORK! 100% MONEY BACK

Ask for Ultimate Starch & Fat Blocker at your local Health Food Store

COUPON $2 OFF ULTIMATE STARCH & FAT BLOCKER ANY SIZE

Only at your local Health Food Store

MANUFACTURER COUPON - TO THE RETAILER: For redemption, mail to: Preferred Nutrition, 153 Perth Street, Acton, ON L7J 1C9 Expiry: January 31, 2013 Code: 03-055

Preferred Nutrition PNO.CA

CUSTOMER SIGNATURE REQUIRED FOR VALIDATION

Palestinians celebrate the UN vote in the West Bank city of Ramallah on Thursday. MAJDI MOHAMMED/THE ASSOCIATED PRESS

Palestinians win UN statehood by a landslide

138 to 9 victory. Only Canada, U.S., Israel, the Czech Republic, Panama and four tiny island nations opposed

The United Nations voted overwhelmingly Thursday to recognize a Palestinian state, a long-sought victory for the Palestinians and an embarrassing diplomatic defeat for the United States.

The resolution upgrading the Palestinians' status to a nonmember observer state at the UN was approved by a vote of 138-9, with 41 abstentions.

A Palestinian flag was quickly unfurled on the floor of the General Assembly, behind the Palestinian delegation. In the West Bank city of Ramallah, hundreds crowded into the main square, waved flags and chanted "God is great."

Real independence, however, remains elusive until the Palestinians negotiate a peace deal with the Israelis, who warned that the UN action will only delay a lasting solution.

Israel's take

"The Palestinians are turning their backs on peace."
Ron Prosor, Israel's UN ambassador

Israel still controls the West Bank, east Jerusalem and access to Gaza and it accused the Palestinians of bypassing negotiations with the campaign.

The Palestinians still face enormous limitations. They don't control their borders, airspace or trade, they have separate and competing governments in Gaza and the West Bank and they have no unified army or police.

The United States immediately criticized the vote. "Today's unfortunate and counterproductive resolution places further obstacles in the path to peace," UN Ambassador Susan Rice said.

Israeli Prime Minister Benjamin Netanyahu called the speech by Palestinian President Mahmoud Abbas before the vote "defamatory and venomous," saying it was "full of mendacious propaganda."

Netanyahu said the UN move violated past agreements between Israel and the Palestinians and that Israel would act accordingly, without elaborating what steps it might take.

The Palestinians now can gain access to UN agencies and international bodies, most significantly the International Criminal Court, which could become a springboard for going after Israel for alleged war crimes or its ongoing settlement building on war-won land.

THE ASSOCIATED PRESS

Domestic take

Canada considers retaliation

Foreign Affairs Minister John Baird used the podium at the United Nations General Assembly to denounce the world body Thursday for its "utterly regrettable decision" to allow a vote on Palestinian statehood.

Baird also suggested Canada will take retaliatory measures against the Palestinians for forcing the issue onto the world stage. He didn't say what, but the obvious option would be suspending aid.

Baird said Canada was voting against the initiative because "we are firmly convinced (it) will undermine the objective of reaching a comprehensive, lasting and just settlement for both sides."

"This resolution will not advance the cause of peace.... Will the Palestinian people be better off as a result? No. On the contrary, this unilateral step will harden positions and raise unrealistic expectations." THE CANADIAN PRESS

comwave
Home Phone

Just in time for the holidays
A Comwave home phone line
... Absolutely FREE

6 Months FREE
Limited Time Offer

- ☑ All features FREE
- ☑ Keep your existing phone number

Home Phone Unlimited Local
- ☑ Unlimited local calling
- ☑ All Features FREE

$14.95/month

Home Phone Unlimited Canada
- ☑ Unlimited Canada-wide calling
- ☑ All Features FREE

$19.95/month

Home Phone Unlimited Global
- ☑ Unlimited calling to almost 60 countries!
- ☑ All Features FREE

$29.95/month

Download our Comwave Mobile App
3 Days Free Trial
iTunes Google play BlackBerry App World

1-866-769-9601
www.comwave.net

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Syrians stand near a burning truck that was destroyed by cars bombs in Damascus on Wednesday. Two U.S.-based Internet-monitoring companies say Syria has shut off online access nationwide. Activists in Syria reached Thursday by satellite telephone confirmed the unprecedented blackout. SANA NEWS AGENCY/THE ASSOCIATED PRESS

Internet shut down in Syria as airport battle rages on

Blackout. Cellphone service also cut in attempt to block communications between rebel forces

The Syrian government shut down the Internet across the country and cut cellphone services in select areas Thursday as rebels and government troops waged fierce battles near the capital's airport, forcing international airlines to suspend flights, activists said.

The Internet blackout, confirmed by two U.S.-based companies that monitor online connectivity, is unprecedented in Syria's 20-month-old uprising against President Bashar Assad. Regime forces have suffered a string of tactical defeats in recent weeks — losing air bases and other strategic facilities — and the blackout may be an attempt by the government to dull any further rebel offensives by hampering communications.

Authorities often cut phone lines and Internet access in areas where regime forces are conducting major military operations to disrupt rebel communications. Activists in Syria reached Thursday by satellite telephone confirmed the blackout.

Renesys, a U.S.-based network security firm that studies Internet disruptions, said in a statement that Syria effectively disappeared from the Internet at 12:26 p.m. local time.

"In the global routing table, all 84 of Syria's IP address blocks have become unreachable, effectively removing the country from the Internet," Renesys said.

THE ASSOCIATED PRESS

A council divided

Envoy to Syria says security council key to peace

Divisions in the Security Council are blocking progress toward ending the violence in Syria, and any cease-fire will require an international peacekeeping force, the United Nations envoy for the country said Thursday.

Lakhdar Brahimi said he has the elements for a possible peace plan, but they "cannot be put together until the (Security Council) has come together and is ready to adopt a resolution that will be the basis for a political process."

THE ASSOCIATED PRESS

Soldier in WikiLeaks case felt caged

A U.S. soldier charged in the biggest security breach in the country's history testified Thursday that he felt like a doomed, caged animal after he was arrested in Iraq for allegedly sending classified information to the secret-spilling website WikiLeaks.

Bradley Manning testified on the third day of a pretrial hearing. His lawyers are seeking dismissal of all charges, contending his pretrial confinement in a Marine Corps brig in the U.S. was needlessly harsh.

Before he was sent to the brig in July 2010, Manning spent time in a cell in a segregation tent at Camp Arifjan, an Army installation in Kuwait.

"I remember thinking I'm going to die. I'm stuck inside this cage," a nervous Manning said under questioning by defence attorney David Coombs. "I just thought I was going to die in that cage. And that's how I saw it — an animal cage."

The 24-year-old intelligence analyst is trying to avoid trial.

He argues he was punished enough when he was locked up alone in a small cell for nearly nine months in solitary confinement and had to sleep naked for several nights.

The military contends the treatment at the time was proper.

THE ASSOCIATED PRESS

Bradley Manning's lawyers are arguing that his confinement was needlessly harsh. THE ASSOCIATED PRESS

ADD 10 ITEMS to your WISHLIST
for a chance to WIN a $500
Shopping Spree on Shopcaster!
The Holidays Will be Brighter When You Shop on
Shopcaster.com
To register and for full contest details visit www.clubmetro.com
VISIT clubmetro.com TO ENTER

Surface melt water rushes along the surface of the Greenland Ice Sheet through a supra-glacial stream channel in this July photo. Polar ice sheets are now melting three times faster than in the 1990s, but so far that's added just less than half an inch to already rising global sea levels, a new comprehensive scientific study says. IAN JOUGHIN/THE ASSOCIATED PRESS FILE

Ice sheets playing larger role in rising sea level

Climate change. Melting ice now responsible for 40 per cent of overall sea-level rise, up from 20 per cent in the '90s

A study believed to be the most comprehensive ever done of the planet's ice sheets shows that, overall, they are melting faster and faster.

And as world leaders meet in Doha, Qatar, to discuss responses to climate change, the paper published Thursday in the journal Science shows the loss of ice from Greenland and the Antarctic is making an ever-greater contribution to rising sea levels.

"It's an observation with sufficient certainty to tell people the changes in the polar ice sheets are very much in line with what we expect those changes in climate to produce," said co-author Andrew Shepherd of the University of Leeds.

Shepherd was one of an international team of 47 scientists who combined a wide array of data from 10 satellite missions and other sources to provide the clearest picture yet of what has been happening with the massive sheets of ancient ice that help anchor Earth's climate at both ends.

Overall, the sheets have lost about 4,250 gigatonnes of ice since 1992, enough to raise the average sea level around the globe by 11 millimetres.

That may not sound like much, but Erik Ivins of California's Jet Propulsion Laboratory says it's enough to matter.

"When you have 11 millimetres of increased sea level, if you compute the amount of mass that's capable of coming on shore during storm surge, it's a lot of mass," he said. "Small changes in sea levels in certain places mean very big changes in the kind of protection of infrastructure you need to have in place."

THE CANADIAN PRESS

Heating up

"Greenland is losing mass at about five times the rate today as it was in the early 1990s."

Erik Ivins of California's Jet Propulsion Laboratory
on the increasing melting rate of ice sheets in Greenland and Antarctica.

Making progress. Obama admin. says AIDs-free generation within reach

Barack Obama THE ASSOCIATED PRESS

The Obama administration is releasing an ambitious road map to slash the global spread of AIDS by getting more people treated sooner and accelerating the use of other proven tools.

Thursday's report outlines how progress could continue if U.S. spending remains constant — something far from certain as Congress and President Barack Obama struggle to avert looming budget cuts at year's end.

Secretary of State Hillary Clinton says the plan shows her call for an AIDS-free generation is a goal within reach.

According to the report, even the hardest-hit countries could begin turning the tide of the epidemic over the next three to five years.

Some 34 million people worldwide are living with HIV, and 2.5 million were infected last year. THE ASSOCIATED PRESS

NASA. Spacecraft confirms ice at shadowy north pole of Mercury

A NASA spacecraft has confirmed there's ice at Mercury's north pole.

Scientists announced Thursday that their orbiting probe, Messenger, has found evidence of frozen water, even though Mercury is the closest planet to the sun. The ice is located in the permanently shadowed region of Mercury's north pole. It's thought to be at least 1.5 feet deep — and possibly as much as 65 feet deep.

Scientists say it's likely Mercury's south pole also has ice, though there are no data to support it. Messenger orbits much closer to the north pole than the south.

Radar measurements for years have suggested the presence of ice. Now scientists know for a fact.

Messenger is the first spacecraft to orbit Mercury. It was launched in 2004.

THE ASSOCIATED PRESS

From Scratch
Meal Assembly Kitchen
Save Time!!
Save Money!!
Save Stress!!
From Scratch Kitchen – Regina's 1st and Only Meal Assembly Kitchen!
We are a Locally Owned Family Business, designed to bring busy families back to the Dinner Table!
Delivery available upon request
40 different menu items for your family to choose from
Busy Families
401 Victoria Ave.
(Across from Hillbilly Vac Shack)
PH 306.522.6325
HRS Tues-Fri 10:00am-6:00pm. Sat 11:00am-4:00pm. CLOSED Sun, Mon & Holidays
fromscratchkitchen.com

XL Foods

Same rules apply to meat for export, domestic markets: Inspection agency

The Canadian Food Inspection Agency says the same safety standards apply to meat for domestic consumption and for overseas exports, and reports to the contrary are "categorically false." The agency is reacting to a media report that inspectors at the XL Foods processing plant in Brooks, Alta., were told to ignore contamination on cattle carcasses unless they were destined for Japan.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.73¢ (-0.09¢)

TSX 12,202.85 (+62.52)

OIL $88.07 US (+$1.58)

GOLD $1,729.50 US (+$10.70)

Natural gas: $3.65 US (-15¢)
Dow Jones: 13,021.82 (+36.71)

Hostess Brands. Court approves Twinkie maker's bankruptcy — including executive bonuses

Hostess Brands Inc. got final approval for its wind-down plans in bankruptcy court Thursday, setting the stage for its iconic snack cakes to find a second life with new owners — even as 18,000 jobs will be wiped out.

The company said in court that it's in talks with 110 potential buyers for its brands, which include CupCakes, Ding Dongs and Ho Hos. The suitors include at least five national retailers such as supermarkets, a financial adviser for Hostess said.

The process has been "so fast and furious" Hostess wasn't able to make its planned calls to potential buyers, said Joshua Scherer of Perella Weinberg Partners. "Not only are these buyers serious, but they are expecting to spend substantial sums," he said, noting that six of them had hired investment banks to help in the process.

The update on the sale process came as Hostess also received approval to give its top executives bonuses totalling up to $1.8 million US for meeting certain budget goals to bring down costs during the liquidation. The company says the incentive pay is needed to retain the 19 corporate officers and "high-level managers" during the wind down process, which could take about a year.

THE ASSOCIATED PRESS

Hostess Brands' Wonder Bread JOE RAEDLE/GETTY IMAGES

In a 2,000-page report on the ethics of the British media released Thursday, Lord Justice Brian Leveson said the press should be regulated by a new body with much stronger powers than the current Press Complaints Commission. GETTY IMAGES FILE

New regulator needed to corral press: U.K. judge

Media ethics inquiry. PM objects to report's key recommendation, citing free-speech infringement concerns

Britain's unruly newspapers should be regulated by an independent body dominated by non-journalists with the power to levy steep fines for ethical lapses, a judge recommended Thursday after a year-long inquiry.

But Prime Minister David Cameron immediately expressed deep misgivings about a key recommendation in the report — that the new regulator be enshrined in law.

"I'm proud of the fact that we've managed to survive hundreds of years without state regulation," Cameron said.

The impasse left questions about the eventual impact of Lord Justice Brian Leveson's sweeping probe of media ethics in Britain. The inquiry was triggered by a tabloid phone hacking scandal that expanded to engulf senior figures in politics, the police and Rupert Murdoch's media empire.

Leveson said a law should be established to prevent more people being hurt by "outrageous" press behaviour that had "wreaked havoc with the lives of innocent people whose rights and liberties have been disdained."

THE ASSOCIATED PRESS

MaxWell®
Real Service, Real Solutions, Real Estate
Maxwell Altima Realty moves to Regina!
www.maxwellaltimarealty.ca 306.525.6527 2300 Dewdney Ave

We are proud to introduce a new member to the Regina team!

Bobbi Geis • Residential and Farm Sales Specialist
Where is your next home? Whether it is the city lights, a vista on the lake, or a quiet country setting..I've got your real estate needs covered.

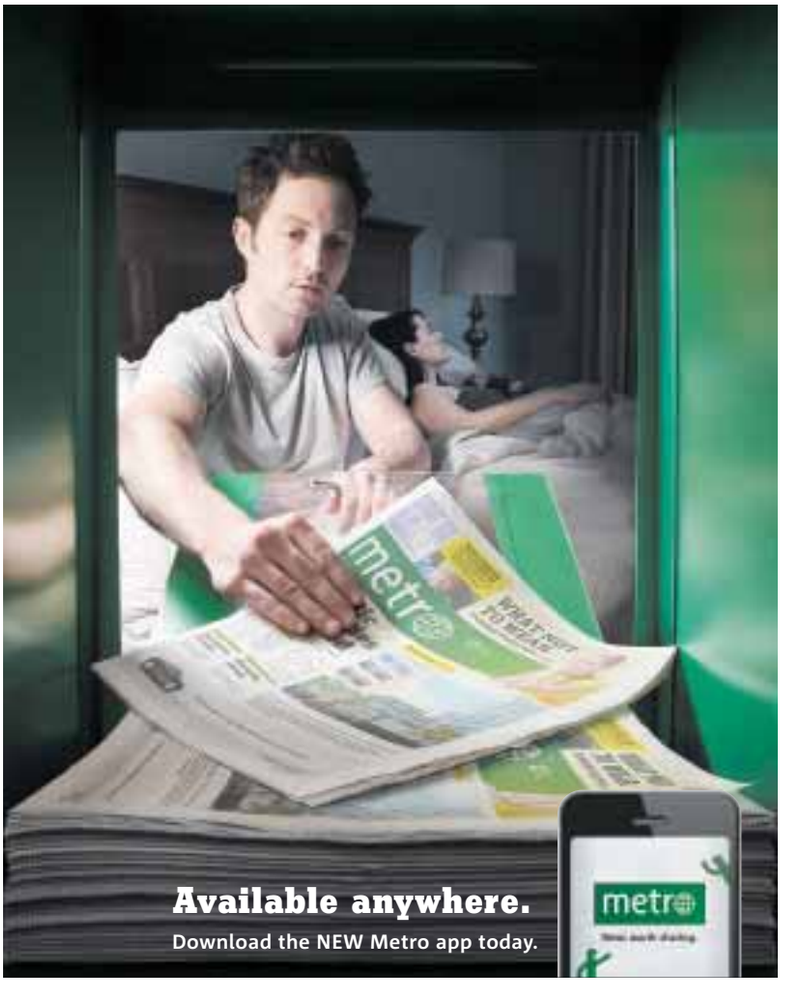
Online, by phone or in person, its my goal to make your experience with my professional services a rewarding one.

I will strive to make your next move seamless and stress-free, as it should be. Let me knowledge of the market and trends in Regina and surrounding areas work for you.

Born and raised in the rural Regina area, I am quite familiar with the expansion of and the needs of the people moving into the Province's capital.

As well, residing on and currently operating a grain farm for 20+ years gives me an edge when it comes to the intracacies and tam implications of buying or selling a farm.
Contact Info: (306) 699-7586 Bobbi@maxwellrealty.ca

Open House: Sunday, November 25 from 12pm to 3pm
67 Walden Crescent Hosted By: Ryan Bender



GIVE THE GIFT OF SPORT
Jumpstart

GOT MILKED? 'UDDERLY' AMAZING VIDEO GOES VIRAL

THE LIST
Neil Morton
metronews.ca

1 Leafs worth $1 billion. The Toronto Maple Leafs franchise is now worth a whopping $1 billion, according to Forbes, making them the first team in the NHL to hit that figure. It's like the longer the Leafs go playing mediocre hockey and not making the playoffs, the more the brand is worth! Enough already.

2 TipMine. From how to take a perfect basketball shot, to dealing with arthritis, to tricks to beating nail-biting, a new Canadian website called TipMine has advice on just about everything. And you can even submit your own text or video tips to share with others. So stop biting your nails and check it out.

3 #Babynames. A couple named their newborn Like after Facebook last year, and this week it was revealed a couple who are obviously big Twitter fans apparently named their baby girl Hashtag — full name Hashtag Jameson. Just you wait: Someone in 2013 will name their baby Pinning after Pinterest.

4 The smile epidemic. A social-innovation project based out of Waterloo, Ont., focuses on making people and organizations happy. The Smile Epidemic (@Smile__Epidemic on Twitter) suggests that doing simple things that make you smile for 30 days can change the way you look at the world. Go to TheSmileEpidemic.com to find out how to participate. And give a smile today.

5 Coldplay. Many fans got a rush of blood to the head when the band announced it's taking a long break from touring. "This is the last big show for three years or so," the band's leader Chris Martin said at a recent show. Maybe Martin wants to spend more time with wife Gwyneth Paltrow having date nights in, listening to Coldplay songs like The Scientist.

6 150 Shades Of Play. Sexperts Em and Lo are releasing a new book, 150 Shades of Play: A Beginner's Guide to Kink, an A-to-Z manual that serves as kind of a companion piece to the Fifty Shades of Grey trilogy — but with real advice and quality writing. It's already working: I am cuffed to a bed wearing a kinky costume talking dirty as I dictate this to my wife.

7 Chris Brown. Imagine a Twitterverse free of Chris Brown? Well, that's the Christmas gift the R&B singer with massive anger issues gave us by deleting his account after sending misogynistic, violent tweets at comedian Jenny Johnson in response to much tamer tweets Johnson directed his way. Fingers crossed he never reactivates it.

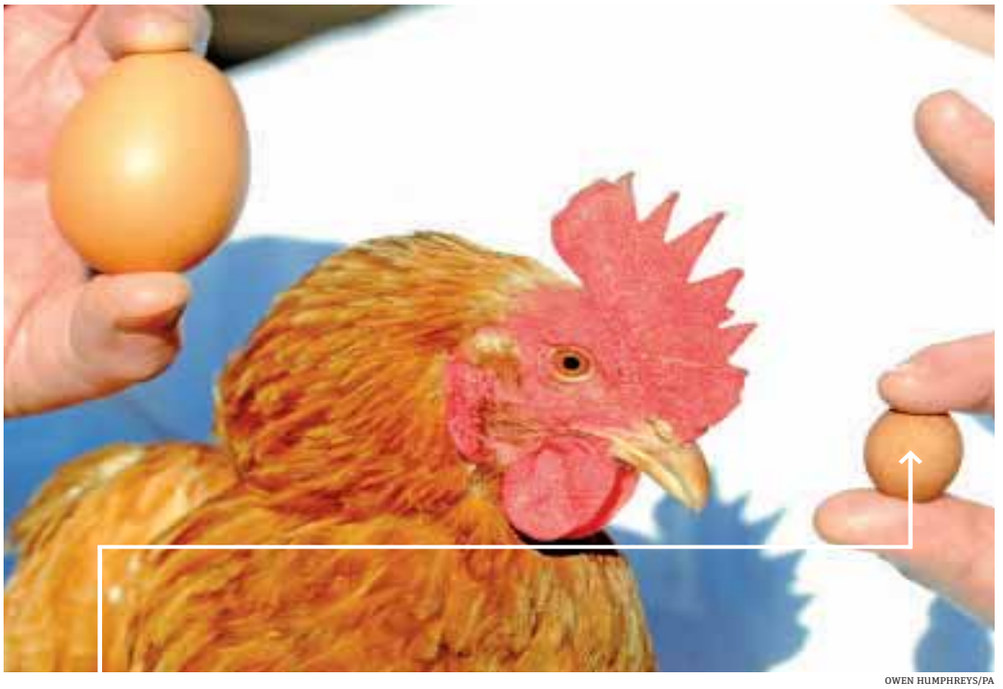
8 Milking. The new planking is milking, which involves pouring containers of milk over your head in a public place. It originated with dudes in Newcastle, England. I think I did this as a submission move during a food fight in my high-school cafeteria in Peterborough, Ont., in 1988. So these Newcastle dudes totally ripped me off. They just weren't born yet to know it. The video now has almost half a million views. Watch the hilarity at metronews.ca.

9 Jenna Marbles. If you haven't heard of entertainer/comedian Jenna Mourey, a.k.a. Jenna Marbles, you must check out her YouTube channel, which has nearly five million subscribers. With her (profanity-laced) social-commentary vids like Things I Don't Understand About Girls, and Apps Are Ruining My Life, she is hysterical fun.

10 Google's Mr. Dressup. Google Canada celebrated the 85th birthday of the late Ernie "Mr. Dressup" Coombs on Monday by placing a doodle of him on google.ca, with puppets Casey and Finnegan. Mr. Dressup was an iconic Canadian children's show that ran from 1967 to 1996. If you want to know more about Ernie Coombs and his place in pop culture, google him.

11 Lindsay Lohan. The train wreck that is Lindsay Lohan had another normal week in the life that is Lindsay Lohan: She got arrested. Yes, late Wednesday night, she was arrested for allegedly punching a woman at an N.Y.C. nightclub. This girl needs the world's largest intervention ever.

Tiny egg no small potatoes



OWEN HUMPHREYS/PA

Record-breaking egg

Man thinks he has smallest hen egg

A bed-and-breakfast owner who believes he has found the world's smallest hen's egg confessed he took it in his pocket to show his pals at the pub.

Paul Rae found the dime-sized egg on Sunday alongside three normal ones in his henhouse at the business he runs with his wife, Margaret, in Humshaugh, Northumberland, northeast England.

METRO

Owner's viewpoint

"After I found it I had a quick look online, then I took it to the pub. My friends said I should get in touch with the Guinness Book of Records."

Paul Rae, 52, owner of the Walwick Farm House bed and breakfast

Rae admitted he keeps his prized find more safely now. "I don't carry it in my pocket now; it's wrapped in cotton wool," he said.

Other contender

Rival egg hopes to break record first

Rae's discovery comes at the same time Harry Evans found an egg that he claimed was barely larger than a dime at his farm near the market town of Bakewell, Derbyshire, central England.

"(Evans') weighed 7.3 grams but mine was just five grams," Rae said. "It's certainly not longer than 2.5 centimetres, which his was — it's less than that in length."

METRO

Egg-laying business

Hen that laid egg remains a mystery

Now Rae is hoping to beat Evans to the record books.

"There is no category for the world's smallest chicken egg as far as I know, so I am going to try and get it recorded," Rae said.

Yet sadly he doesn't know which of his four Lohmann Brown hens, named after his wife as Margaret's Girls, spawned the now-famous egg.

METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

With the hockey lockout, what are you watching a lot more of?

Twitter

@Keith_Rey: @sskroughriders @CityofRegina Why are you running TV boards in an empty stadium? Waste of power and taxpayers money #yqr Season is over!

@aashleydennison: Why all the snow #yqr I thought it's supposed to be nice this weekend! #sunshine #nosnow

@Itskrissytime: I think every single bus stop in the #yqr needs a bus shelter, just a thought. It would definitely keep the people warmish @CityofRegina

@Thomas_Ober1: I can't wait for grey cup 101.. Only problem is thats its a year away.

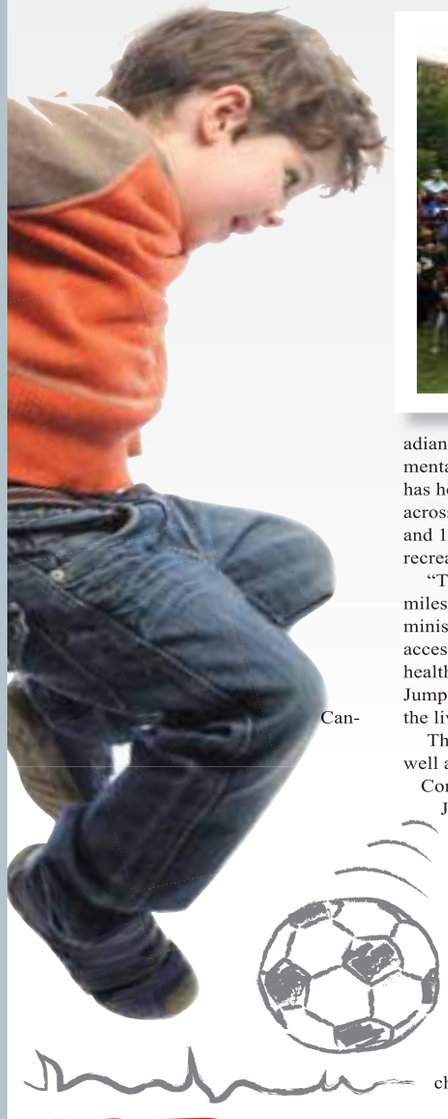
@tkid22: When there's snow on the ground I can't help but sing baby it's cold outside every single time I'm in the shower

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

JUMPSTART HAS GIVEN OVER 500,0

JUMPSTART INVESTS $12 MILLION ACROSS CANADA



Canadian Tire Jumpstart has reached a monumental milestone: The national charity has helped more than 500,000 children across Canada between the ages of four and 18 take part in organized sports and recreation since its inception in 2005.

"This is a celebratory and significant milestone," says Bal Gosal, Canada's minister of sport. "Physical activity and access to sports for our kids is key to a healthier, stronger country. Canadian Tire Jumpstart is making a real difference in the lives of many young Canadians."

Thanks to generous donations as well as support from the Canadian Tire Corporation, dealers as well as vendors, Jumpstart has helped half a million kids participate in 78 different activities, from swimming and hockey to football and dance. By the end of 2012, Jumpstart will distribute $12 million back into Canadian communities to help kids who otherwise could not participate in having a sporting chance.

Jumpstart is unique in its ability to work in every community across Canada with 315 local chapters created and managed by volunteers and caring Canadian citizens. These chapters work closely with more than 2,400 community partners to identify families with financial needs whose children would benefit from participating in the programs. It is a perfect formula for a national charity to help at the local level.

So how can ordinary Canadians help the one in three families that can't afford to pay the fees for organized sport and recreation programs? There are many ways to get involved. One hundred per cent of donations made at any Canadian Tire, Canadian Tire Petroleum or Mark's locations remain directly in your community. Or, one way this holiday season is to go online and donate to the Jumpstart Symbolic Giving Program; there's no better gift to give than the chance for a child to enrol in a season of sport and recreation.

Last Christmas, instead of exchanging gifts with her Canadian Women's Hockey League Toronto Furies' teammates, goaltender Sami Jo Small and the other players pitched in to buy a $200 Canadian Tire Jumpstart hockey registration for a Canadian child who wanted to play the sport they love but wasn't financially able.

"We plan to do it again this year," says Small, the three-time Olympic women's hockey team champion who is also a Canadian Tire Jumpstart ambassador. "You don't have to spend a lot to make a big difference in a child's life."

The momentum behind Jumpstart is awe-inspiring. "Our vision is more than getting children involved in sports and recreation — it's to have a country where all kids have a chance to fulfill their dreams," says Johnny Misley, the president of Canadian Tire Jumpstart.

Jumpstart™

GIVE THE GIFT OF SPORT

1 in 3 families can't afford to enrol their kids in orga
This holiday, you can help chan
Jumpstart.canadiantire

...000 KIDS A SPORTING CHANCE!

Jumpstart

JUMPSTART HELPS CANADIAN KIDS' DREAMS COME TRUE

Winter in Saskatchewan just wouldn't be the same without hockey. When Saskatoon Canadian Tire dealers Dave Deplaedt and Paul Cairns were looking for a way to get more young people involved in the sport, they hit on a novel idea.

Why not create a hockey league for youth who might not be able to afford to play the game?

The Preston Crossing Canadian Tire assistant store manager Adam Ross organized the league, which is made up of five inner-city high schools. Canadian Tire Jumpstart contributed the much-needed funding for equipment and ice time.

The league was an immediate hit. "We left it up to the school co-ordinators to choose who was accepted into the program," says Ross. "We wanted to bring in kids who had never had the opportunity to be involved in organized sports."

Now in its second year, the league is even attracting new Canadians who have recently emigrated from countries where hockey isn't a familiar sport. "Some of them have never even been on skates before," says Ross. "They really enjoy it, and the impact this will have on them is life-changing."

One way to give this holiday is through Jumpstart's Symbolic Giving Program, which allows you to give the gift of a season of sport to a child in need. From hockey lessons for $200 to swimming lessons for $75, find the perfect holiday gift.

For more information on Jumpstart or on how to donate or apply, please visit Jumpstart.canadiantire.ca or call 1-877-616-6600.

100% of your donation stays in YOUR community

MORE THAN $280,000 INVESTED IN SASKATCHEWAN TO GIVE KIDS A SPORTING CHANCE*

...T THIS SEASON

...anized sport and recreation.
...ge that.
...e.ca

*Approximate figures for 2012 YTD.

JUMPSTART.CANADIANTIRE.CA

Keira Knightley wears imperialist Russian style well in Anna Karenina. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

To Russia, with love

Anna Karenina. Luxe setting, costumes and Keira Knightley's cheekbones make for a screenplay that felt a bit too staged

Richard: Mark, the story itself is rather simple and has been told many times, so what distinguishes this version, aside from the cast (more on that later), is the sumptuous staging. Every frame of the film drips with beauty, from the sets to the clothes to Knightley's cheekbones. But that's to be expected from a big retelling of the story. What really captures my eye — and mind — is the unconventional way director Joe Wright has chosen to tell the tale. What did you think of the mix of reality and fantasy?

Mark: I think Joe Wright, to his credit, wanted to take the stiffness out of a classic. Setting the movie in a theatre is an unusual move, which makes it feel intimate but also a bit claustrophobic and gimmicky. Perhaps he was trying to say that people in pre-revolutionary Russia were forced to play their social roles and this is the undoing of Karenina. The theatre setting allows for some breathtaking transitions but sometimes left me scratching my head.

RC: It's a risky bit of staging to be sure, but I imagined I was watching an Anna Karenina opera, with all the implied drama and grandeur, but none of the music. I think it's a brilliant piece of staging for a story that has enough passion and tragedy for two operas. What did you think of Knightley? She has a face meant to be framed by fur hats and veils, but apart from looking the part, she carefully modulates Anna's descent from socialite to outcast with grace and dignity while allowing notes of frustration and misery to seep through.

MB: Your comment about music is interesting to me because at times I thought the actors were just about to break into song! I thought Knightley, who has to carry the movie, has the evanescent presence of a great silent movie actress. It was Vronsky (Aaron Taylor-Johnson) that felt miscast. He should be fatally dashing, but he just seems callow and expressionless. He's just not seductive enough to make me believe Anna would throw her life away for him. Jude Law, on the other hand, is perfect as the wronged husband. And it took a lot of guts for him to sport that hairline.

RC: You got that right. He does leave his matinee idol days behind with that haircut. I also liked Matthew Macfadyen, whose élan and rakish charm turns the womanizing Oblonsky into one of the film's high spots.

Synopsis

Russian writer Leo Tolstoy's classic story set in imperialist Russia begins with a family in tatters because of marital transgression. St. Petersburg aristocrat and socialite Anna Karenina (Keira Knightley) travels to Moscow to visit her womanizing brother Oblonsky (Matthew Macfadyen) and his long-suffering wife Dolly (Kelly Macdonald). Her counsel saves their marriage, but the trip proves to be the undoing of hers.

- Richard: ●●●●○
- Mark: ●●●○○

MB: There's great wit from a screenplay by Tom Stoppard and a sumptuous production design, but in the end — wow! — can Keira Knightley rock a hoop skirt.

The Huron Carole
LOCAL BENEFICIARY REGINA FOOD BANK

Great-West Life · London Life · Canada Life PRESENTS
STRONGER COMMUNITIES TOGETHER™
MAJOR SPONSORS ENBRIDGE · Wilson

DEFEATING HUNGER. FEEDING THE SOUL.
TOM JACKSON
SARAH SLEAN
MATT DUSK
SUSAN AGLUKARK

SUNDAY, DECEMBER 9
Conexus Arts Centre
ON SALE NOW
Call 525.9999 or 1.800.667.8497 or
visit WWW.CONEXUSARTSCENTRE.CA

WWW.HURONCAROLE.CA

Gerard Butler talks midlife crisis

Rom com. Actor can relate to film's character — a former soccer star who causes chaos around him

ANNE BRODIE
scene@metronews.ca

Playing For Keeps opens next Friday. HANDOUT

Gerard Butler produced and stars in Playing for Keeps, a romantic comedy about an ex-international soccer star who returns to small-town America, where his son and estranged wife live.

As George discovers and Butler knows, being famous can create problems. "You get that as an actor in my position," says Butler.

"You can cause a bit of chaos even with the best intentions wherever you go. (My character) George is chaotic on the inside and he causes chaos wherever he goes, but he's trying his best to take the right path," he says.

What wisdom do you have for men in a midlife crisis?

For a man, it's about growing up. You want to keep the child in you, but at the same time you've got those quick fixes and learn about commitment and sacrificing something and ultimately going beyond distraction..."

Thriller

Killing Them Softly

Director. Andrew Dominik

Stars. Brad Pitt, James Gandolfini

Brad Pitt stalks around New Orleans as a hitman in Andrew Dominik's thriller, which drains the juice out of its underworld scenario by reminding us at every turn that it's actually an allegory about the American economy. The film is twisty and violent but also insufferably pretentious; it acts as if it's the first movie to equate crime and corporate thinking, when it's actually just the latest in a long line.

ADAM NAYMAN

Drama

Farewell, My Queen

Director. Benoît Jacquot

Stars. Diane Kruger, Léa Seydoux and Virginie Ledoyen

This excellent drama takes place inside the Palace at Versailles in the days following the revolutionary storming of the Bastille. It is cold and nothing less than riveting. We are among the doomed royals, courtiers and servants trapped inside the Palace wondering what will happen next. Even so, Marie Antoinette (Kruger) commissions embroidery and dreams of new clothes in her gilded bedroom. Handheld camerawork ups the urgency to unbearable levels as the walls close in.

ANNE BRODIE

Quoted

"I'm definitely past halfway... I think about it very much as a father. You just want to be around to see (your children) do everything. If I have so many days left, how am I filling those days? I've been agonizing over that one a bit like I never have before."

Brad Pitt, who stars in the new film Killing Them Softly, on his career and turning 49 in December.

THE ASSOCIATED PRESS

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 30 TO THURS., DEC. 6. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

Argo (PG) Fri 6:50-9:35 Sat-Sun 12:55-3:55-6:50-9:35 Mon-Thu 5:55-8:45
Cloud Atlas (14A) Fri 8 Sat-Sun 12:50-4:25-8 Mon-Thu 7
Here Comes the Boom (PG) Fri 7:40 Sat-Sun 2-4:50-7:40 Mon-Thu 5:45
Hotel Transylvania (G) Sat-Sun 1-3:40
The Man With the Iron Fists (18A) Fri-Sun 10:15 Mon-Thu 8:15
Pitch Perfect (PG) Fri 7:25-9:55 Sat-Sun 1:25-4:30-7:25-9:55 Mon-Thu 6:05-8:35
Rise of the Guardians (G) Fri 7:05-9:30 Sat-Sun 1:30-4-7:05-9:30 Mon-Thu 6-8:30
Star & Strollers Screening Wed 1
The Sessions (18A) Fri-Sun 7:10-9:20 Mon-Thu 5:40-8
Skyfall (PG) Fri 6:55-10:05 Sat-Sun 12:40-3:45-6:55-10:05 Mon-Thu 5:15-8:25
The Twilight Saga: Breaking Dawn Part 2 (14A) Fri 6:45-7:30-9:40-10:10 Sat-Sun 1:05-1:50-4:05-4:45-6:45-7:30-9:40-10:10 Mon-Thu 5:30-6:15-8:10-8:50 Star & Strollers Screening Wed 1
Wreck-It Ralph (G) Sat-Sun 1:45
Wreck-It Ralph 3D (G) Fri 7:15-9:50 Sat-Sun 4:20-7:15-9:50 Mon-Thu 5:25-7:55

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit 26, 306-522-9098

Flight (14A) Fri-Sun 4-7:05-10:05 Mon 10:05 Tue 7:05-10:05 Wed 10:05 Thu 7:05-10:05
Home Alone (STC) Sat 11
Jesus Christ Superstar UK Spectacular (STC) Sun 12:55 Wed 7
Killing Them Softly (14A) Fri 5:15-7:45-10:15 Sat-Sun 12:15-2:40-5:15-7:45-10:15 Mon-Thu 7:45-10:15
Life of Pi 3D (G) Fri 4:05-7-9:50 Sat 1:15-4:05-7-9:50 Sun 1-4:05-7-9:50 Mon-Thu 7-9:50
Lincoln (PG) Fri 3:35-6:50-10:05 Sat-Sun 12-3:15-6:50-10:05 Mon-Tue 6:50-10:05 Wed 10:05 Thu 6:50-10:05
The Metropolitan Opera: La Clemenza Di Tito Live (STC) Sat 11:55
The Metropolitan Opera: Otello Encore (STC) Mon 6:30
Red Dawn (PG) Fri 5:25-8-10:25 Sat 1:10-3:25-5:40-8-10:25 Sun 12:25-2:55-5:25-8-10:25 Mon-Thu 8-10:25
Rise of the Guardians (G) Sat 10:55 Sat-Sun 12
Rise of the Guardians 3D (G) Fri 5-7:35-10 Sat-Sun 2:30-5-7:35-10 Mon-Thu 7:35-10
Silver Linings Playbook (14A) Fri 3:50-6:55-9:45 Sat 1:15-4:05-6:55-9:45 Sun 12:50-3:50-6:55-9:45 Mon-Wed 6:55-9:45 Thu 9:45
Skyfall (PG) Fri 3:40-7:20-10:30 Sat 12:50-3:40-7:20-10:30 Sun 12:20-3:40-7:20-10:30 Mon 7-10:20 Tue-Thu 7:20-10:30
The Twilight Saga: Breaking Dawn Part 2 (14A) Fri 4:40-7:30-10:20 Sat 11:10-1:50-4:40-7:30-10:20 Sun 1:50-4:40-7:30-10:20 Mon-Thu 7:30-10:20
Wreck-It Ralph (G) Sat-Sun 12:10
Wreck-It Ralph 3D (G) Fri 5:20-7:55-10:25 Sat-Sun 2:45-5:20-7:55-10:25 Mon-Thu 7:55-10:25

Kramer IMAX Theatre 2903 Powerhouse Dr., 306-522-4629

No Films Showing Today (STC) Mon
Sea Rex: Journey to a Prehistoric World 3D (STC) Fri 12:30-3-5:30-8:15 Sat 12:30-3-5:30-7 Sun 12:30-3 Tue-Thu 12:30-3-5:30-7
To the Arctic 3D (G) Fri 1:45-4:15-7 Sat 1:45-4:15-8:15 Sun 1:45
Tornado Alley 3D (STC) Tue-Thu 1:45-4:15-8:15

Paradise Cinema 1011 N. Devonshire Dr., 306-522-7888

Argo (PG) Fri 6:50-9:20 Sat-Sun 9:40 Mon-Thu 6:50-9:20
Hotel Transylvania (G) Fri 7 Sat-Sun 1:30-4-7 Mon-Thu 7
Pitch Perfect (PG) Fri 9:30 Mon-Thu 9:30
Talaash (PG) Sat-Sun 12:30-3:30-6:30-9:30

Golden Mile 3806 Albert St., 306-359-5250

Brave (G) Fri-Thu 1:25-4-6:55-9:35
Chasing Mavericks (G) Fri-Sat 1:10-3:45-6:35-9:20 Sun 1:10-6:35-9:20 Mon-Thu 1:10-3:45-6:35-9:20
Frankenweenie (G) Fri-Thu 1:35-3:50
Ice Age: Continental Drift (G) Fri-Thu 1:30-3:50
Looper (14A) Fri 1:15-3:45-6:45-9:25 Sat-Sun 3:45-6:45-9:25 Mon-Thu 1:15-3:45-6:45-9:25
Paranormal Activity 4 (14A) Fri-Sat 1:40-4-7-9:50 Sun 1:40-7-9:50 Mon-Thu 1:40-4-7-9:50
Sinister (14A) Fri-Thu 1:20-3:55-6:50-9:40
Taken 2 (PG) Fri-Thu 1:45-4:05-7:05-9:55
Ted (14A) Fri-Thu 6:40-9:45
Trouble With the Curve (PG) Fri-Thu 6:30-9:30

Regina Public Library Film Theatre 23 11 12th Ave., 306-777-6104

Farewell, My Queen (PG) Fri 9 Sat 7 Sun 9
Inescapable (STC) Fri 7 Sat 9 Sun 7
Mid-August Lunch (G) Thu 9
No Films Showing Today (STC) Mon-Tue
Wednesday Plus (STC) Wed 7

SECURE YOUR HOME WHEN YOU'RE AWAY WITH HOMEWATCH

Whether you are away for a day, a week or several months, our professionally trained and bonded staff will help ensure that your home is secure. We will do scheduled checks and vary lights and window coverings to make it looked lived in while you're away.

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE

CONTACT US FOR MORE INFORMATION T: 306.757.0998 • 122 ALBERT ST.
www.commissionairies.sk.ca

Long & McQuade MUSICAL INSTRUMENTS
long-mcquade.com
Shop Online! long-mcquade.com

Best Price. Best Selection.
(Holiday shopping made easy.)

Experience Canada's #1 music store with 60 locations nationwide
1445 McINTYRE STREET
306.569.8501

Up and coming pop superstar deals with inevitable comparisons, label issues

New music. The Diamonds singer, who saw some initial success in 2010, is back once again with a new album and approach

LUKE O'NEIL
scene@metronews.ca

Somebody thought this woman wasn't attractive enough to be a popstar? CASPAR BALSLEV

Upon the release of her 2010 debut LP, The Family Jewels, it was immediately apparent to anyone paying attention that Marina Diamandis, a.k.a. Marina and the Diamonds, was a bona fide international pop star in the making.

She had the acrobatic voice, indelible hooks and a crush-worthy look (more on that in a minute), but there was a knowingness about the idea of pop-stardom in general embedded in her lyrics that made her appealing to fans who take their pop with a dash of irony.

On her recent release, Electra Heart, the Welsh singer has doubled-down on the reaching-for-the-stars conceit, enlisting the aid of hit-making songwriters like Dr. Luke, Benny Blanco and Diplo.

It's Dr. Luke's effort on her first single, How to be a Heartbreaker, that has brought about so many comparisons to another pop star, Katy Perry, albeit with qualifiers like "edgier."

Is that supposed to be taken as a compliment or an insult?

"It's neither," says Diamandis. "It's not like an insult or a compliment, it's just not true. The thing is, with Dr. Luke, his style is so cemented, I think most people who work with him get his sound. Katy was his first huge success, so it's obvious I'm compared to her. I'm just like, 'Oh, whatever.'"

Also getting a big whatever was her record label's decision in September to delay the release of the Heartbreaker video because, well, they didn't think she looked attractive enough.

She got a call from her manager saying the label didn't like it, she explains: "'They think you need some beauty work,' he said. I said, 'I don't care if they think I'm ugly or not, they need to give me a budget if they want me to look botoxed within an inch of my life.'"

Not that she has a problem with that, she says. "I really don't mind. Everything on the album has been in spirit of that plastic pop element."

Quoted

"I think most people who work with him get his sound. Katy (Perry) was his first huge success."

Marina Diamandis
Talking about working with Dr. Luke, the man behind Katy Perry.

Serena Ryder, the three-time Juno Award winner with the soulful three-octave range, made tracks in her own backyard studio. HANDOUT/THE ASSOCIATED PRESS

Serena Ryder finds broad appeal with new album, Harmony

New music. Ryder goes for wider appeal with a folk-rock approach that draws on a range of musical influences

Toronto power vocalist Serena Ryder was at home but in foreign territory while recording her new album, Harmony.

65 songs

Follow up effort to Is it O.K. album

- **Hard at work.** Over a period of roughly eight months this year, she feverishly wrote about 65 songs in an effort to craft a followup to her previous album, 2008's Is it O.K., which won a Juno in 2010 for video of the year (Little Bit Of Red).

The three-time Juno Award winner with the soulful three-octave range made the tracks in her own backyard studio, a cosy shed she'd previously only used as a rehearsal space.

Another first: the Weak in the Knees singer-songwriter penned the tunes while falling in love.

And she actually had fun while making the disc, a feeling she admits wasn't predominant in her recording sessions of yore.

The result is a feel-good, catchy collection that touches on a wide range of genres, giving Ryder a broader appeal than the blues-folk-rock categories she's typically been associated with.

"With this record, I feel like it was very, very primal and animalistic and I wasn't really thinking about what direction I'm going to go in," Ryder, who turns 30 on Dec. 8, said in a recent interview.

"I was like, 'I want go in all directions,' because the most frustrating thing that's been the bane of my existence and my career has been people (saying), 'Serena, you've got to pick a style or you're going to confuse people,' ... and I started really believing that. I was like, 'OK, I've got to pick one way of being and one way of singing and one way of branding myself,'" she continued, sitting at a piano in her studio shed that's adorned with vintage furniture and a vast array of instruments.

THE ASSOCIATED PRESS

HomeTech Small Appliance Service Ltd.
Introducing
The New Vitamix Professional Series 500
The Brand Chosen By Leading Chefs Worldwide
Makes a Great Christmas Gift!
866 Victoria Avenue East
Regina
Phone (306) 352-4030
Omega Slow Speed Juicers Available Now!

Radio Centre
Consumer Electronics
Mention Metro & Get Free Delivery!
2100 Dewdney Ave. ~ 352.3030
www.radiocentre.ca

Don't let these three tracks get lost in the confusion

SOUND CHECK
Alan Cross
scene@metronews.ca

With just a few exceptions, all the major releases are now in the stores. Don't miss out on Local Natives, Holy Ghost, Walk Off the Earth

1 Breakers/Local Natives

The first single from their second album, Hummingbirds. Sounds like they've learned a few things from touring with Arcade Fire.

2 It Gets Dark /Holy Ghost

Dark modern disco that may take you back to the dark electro-pop of the early '80s. If Depeche Mode were a new band today, they might sound like this.

3 Red Hands/ Walk Off the Earth

The band out of Burlington, Ont., famous for their cover of Gotye's Somebody That I Used to Know, offers this uplifting anthem from their new EP, R.E.V.O.

Steven Tyler found himself in the crosshairs of Nicki Minaj's latest emotional drama. FILE PHOTO/THE ASSOCIATED PRESS

Steven Tyler offers up apology to Nicki Minaj

American Idol. Minaj claims he made racist statements; Aerosmith frontman says it was a misunderstanding

Steven Tyler is apologizing — if Nicki Minaj misinterpreted his recent comments.

The former American Idol judge and Aerosmith frontman responded to Minaj's claim that he's a racist.

Minaj took offence to comments Tyler made during an MTV interview in which he said Bob Dylan would likely be immediately dismissed from this year's show.

Idol premieres Jan. 16 on the Fox network with Minaj, Mariah Carey and Keith Urban serving as new judges. The rapper called the comment racist and fired an expletive at the Aerosmith frontman.

During an interview with the Canadian entertainment news program eTalk, Tyler spoke directly to Minaj, saying: "I apologize if it was taken wrong, Nicki."

"I am the farthest from — what did she say I was? — a racist." THE ASSOCIATED PRESS

^With new activation on any 2 or 3-yr term voice and data plan having min. combined monthly service fee of $51. Early cancellation fees apply. Device Saving Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. TM & ©2012 Marvel Characters, Inc. ©2012 CPII. Other brand names & logos are trademarks of their respective owners. © 2012 Rogers Communications.

Living with an alien

Remember that wisecracking fur-ball who looked like a cross between an ewok and an aardvark? ALF, the surly man-child from planet Melmac who crashed through the Tanner family's garage in 1986, is getting a reboot. Jordan Kerner, the producer behind The Smurfs' big screen revival last year, is pulling the strings on a Sony Pictures CG/live action feature film. While living with an alien may have a couple minor drawbacks, for the most part extraterrestrials of the friendly persuasion make enviable housemates.

MIKE DOJC
scene@metronews.ca

The Housekeeper: Clark "Kal-El" Kent (Smallville)

Pencil Superman in every slot on the chore wheel and there won't be any complaints. The Kryptonian could fold laundry, do the dishes, sweep the floor, and mow the lawn during a commercial break. He'd also be a great camping buddy. If the beers got warm, he could just blow his frosty breath on them and they'd be ice cold, and there would never be any problems starting a fire — hello heat vision. His super strength would also come in handy when that stubborn pickle jar refused to open or you needed to rearrange furniture.

The Tutor: Spock (Star Trek)

The Starship Enterprise's pointy-eared science officer could handle a litany of brain straining drudgery from that spreadsheet your boss asked for to bookkeeping and your nephew's math assignment without breaking a sweat. There would be no drama either, as Vulcans don't lie and passive aggression is illogical. But be careful if this becomes a long-term arrangement. Every seven years Vulcans experience the need to mate, known as "pon farr", so you'd be advised to take the girlfriend on vacation when his primal urges begin to manifest.

The Rainmaker: The Great Gazoo (The Flintstones)

It'd be easy to get past the incessant "dumb dumb," taunts when this insouciant little green floating man's magic is working for you. Maybe he can even make Betty Rubble real for a couple hours so you can finally strike that Bedrock fantasy off your list. You may want to keep your chit-chat to a minimum when you're out in public with the guy, as the only people who can see him are those who believe in him.

The Wingman: Dr. Who (Dr. Who)

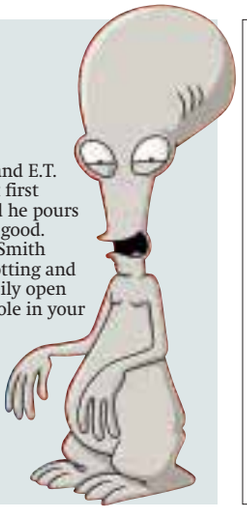
Slinky supermodels somewhere in the space-time continuum are bound to consider you to be a studly specimen. Even if you strike-out, the Timelord could grant you a couple do-overs before your desperate measures start ripping the very fabric of space and time. If you've got a cramped crib, using the TARDIS (the 1960s-style London police box which functions as the doc's spaceship and is a lot bigger on the inside than it appears on the outside) as a storage solution would be a real mod style statement.

The Bartender: Roger (American Dad)

Sure, his hydrocephalic noggin and E.T. arms will have guests fainting at first sight, but once they come to and he pours them a couple drinks, it'll be all good.

His bar, Roger's Place, in the Smith family attic, often doubles as plotting and scheming central and he can easily open up a franchise of the watering-hole in your home.

And everybody knows more plotting and scheming is the secret to a life less ordinary.



The Entertainer: Mork from Ork (Mork & Mindy)

The bushy haired Orkan with the rainbow suspenders can be relied on to kill at a dinner party. While his zany antics — like drinking water with his finger and wearing clothes backwards — are enough to keep a party in stitches, his otherworldly schtick is also laced with witty cultural references, allowing for a hilarious blend of both low and highbrow yuks.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Demi Moore ALL PHOTOS GETTY IMAGES

Moore on the mend: Is a half-her-age hunk helping her heal?

Demi Moore has reportedly moved on from her year-old split from Ashton Kutcher and is now dating 26-year-old art dealer Vito Schnabel, according to People magazine. Moore, who recently celebrated her 50th birthday, and Schnabel were reportedly "dancing and grinding all over each other" at a recent party in Jodhpur, India, thrown by Naomi Campbell. "It's really happening," a source says of the pairing. "There was a time when Vito was kind of cool with (Kutcher), so it seems a little weird." Moore and Schnabel are expected to attend the upcoming Art Basel celebration in Miami.

Twitter

@TheRealRoseanne
I haven't conceded the election since my votes in 24 states have NOT BEEN COUNTED yet! what kind of system do we have-a winner b4 the count?

@Joan_Rivers
Lindsay Lohan was just arrested in NYC for allegedly punching a woman in the face. 50 bucks says it was a TV critic who hated "Liz & Dick".

@carrieunderwood
That awkward moment when you wave at a cute little girl and the dude standing right in front of her thinks you're flirting with him!

@GarryShandling
Big day: Just paid-off my student loan!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pull out the pre-written, Lindsay Lohan story template

THE WORD
Dorothy Robinson
scene@metronews.ca

With all the divorces, marriages and arrests I report on, being a gossip columnist can sometimes feel like being in Groundhog's Day — and Lindsay Lohan is my Ned Ryerson.

Yes, the troubled starlet was arrested yet again for punching another woman at a New York City nightclub around 4 a.m. on Thursday morning. Lohan apparently was "partying hard" at the club, called Avenue, and was "looking for trouble," a source tells RadarOnline. That trouble manifested itself through a clubgoer named Tiffany Eve Mitchell. Apparently, Mitchell asked Lohan for a photograph. Lohan, who was "drinking heavily and doing cocaine," said no and was "really rude about it." Mitchell kept dancing but Lohan wouldn't let this infraction go. Again, from another eye-witness: "She totally sucker-punched that girl in the face out of nowhere! Nobody saw it coming," RadarOnline.com reports. "Lindsay went wild. She was kicking and screaming, cursing at the girl and then spat at her. The girl looked like she wanted to fight back at Lindsay, but was too startled by all the commotion to react."

So, the cops were called. Lohan was spotted attempting to leave the club, hopping into the passenger seat of her car before cops pulled her out and arrested her. Lohan was heard yelling, "Are you kidding me?" as she was led away, a source says.

She was released four hours later and given a citation and a court date. Being a refined wordsmith, I'm not good at math, but by my calculation, that is probably her one millionth court appointment to date.

THE ASSOCIATED PRESS

Halle Berry

Halle's den of drama for sale, but she's waiting for the Berry best offer

Halle Berry is reportedly selling the Hollywood Hills mansion where her recent Thanksgiving celebrations ended in a brawl between fiancé Olivier Martinez and ex-boyfriend Gabriel Aubry, according to Hollyscoop. But the Oscar winner isn't unloading it because of the recent bad memories. Berry secretly listed the five-bedroom, 5,900 square-foot home a couple of weeks before Thanksgiving and received an $11 million offer last week, but she's holding out for more.

Angus T. Jones

Two and a Half Men star to return to sitcom after slinging mud

Despite making news with a video in which he called Two and a Half Men filth and urged viewers to stop watching, Angus T. Jones will be returning to the hit sitcom when production picks back up in January, according to TMZ. "Angus expects to report to work after the holiday break," a source says. "He intends to honour his contract through the end of the season."

Get your hands on your future

Looking for a well-paid, low-stress career with a future that actually excites you?

Become a massage therapist through MH Vicars School, Alberta's leading independent massage school. Monthly classes are offered in Edmonton or Calgary.

MH VICARS SCHOOL of MASSAGE THERAPY

MHVicarsSchool.com Call 1.866.491.0574

LIFE

Give Martha Stewart a run for her money

First dinner party. Here are some tips to ensure your guests enjoy their evening

EMMA GODMERE
life@metronews.ca

Sure, beer and pizza are perennial party favourites. But treating guests to a home-cooked meal? Now there's a delicious accomplishment.

Planning your first dinner party may sound like a heaping helping of work. But if you're not the type to keep coasters and cocktail napkins on hand, have no fear: playing host isn't all that hard.

You don't even have to have a full-fledged dining room. Ottawa food blogger Kelly Brisson regularly seats her dinner guests around a large, folding card table that she easily stores away.

"Once the food's on it, no one really looks at the table anyway," she laughs.

Brisson has written about crafting simple, savoury meals on her blog, The Gouda Life, for the last four years, and is well-versed on dinner party do's and don'ts. The first thing a new host or hostess should keep in mind, she suggests, is keeping a cool head.

"You really want to spend the day enjoying the process of cooking and just setting up the table the day of the party," she says.

Reduce your day-of duties by tidying your space the day before and preparing side dishes in advance that can be easily reheated prior to your guests' arrival. When it comes to the feat of the feast, consider items that you have cooked up before, or that you're comfortable making and know taste great.

Keep friends' dietary restrictions in mind as you plan your menu. No one should feel left out or think they have to bring their own dish.

That said, if a guest offers to bring something, it's smart to accept. "Let them help you out," says Brisson.

Stock up on ice, Brisson suggests, and have some extra wine and non-alcoholic beverages on hand. Another tip: Craft a special cocktail to offer guests as they arrive. "It makes people feel welcome and it gives you something to talk about — a bit of an icebreaker."

Most importantly? Have fun. "It's just dinner — whoever you've having over is there to eat and enjoy your company," she sums up.

Preparation is one of the keys to a dinner party. ISTOCK

Easy appetizer. Roasted Curry Cauliflower Dip

- 1 head cauliflower, cut into bite-sized florets
- 4 cloves garlic, whole
- 1/2 tsp (2 ml) curry powder
- 1/4 tsp (1ml) ground cumin
- pinch cinnamon and salt
- olive oil
- 1/3 cup (75 ml) plain Greek yogurt
- 1 to 2 tbsp (15 to 30 ml) lemon juice
- cayenne pepper, to garnish (optional)

1. Preheat oven to 375 F. Place cauliflower, garlic cloves, curry, cumin, cinnamon and salt into bowl. Drizzle with olive oil. Toss onto baking sheet and roast 15 minutes, until edges of florets are golden brown. Flip and roast another 8 minutes until everything is golden and fork-tender.

2. Place in food processor with Greek yogurt, lemon juice and a drizzle of olive oil and blend until smooth. Taste for seasoning and add more salt if necessary. Spoon into large bowl, add a touch more olive oil and sprinkle of cayenne pepper. Serve with veggies and pita.

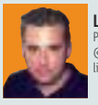
The last of the firsts

This is the final in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

- **Share.** Have you ever thrown a dinner party? Any tips you'd like to share in making it a success? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your stories.

Liquid Assets

Excellent dinner mates



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

While I like having people over to the house as much as the next guy, plotting a dinner party ranks just below ironing on my list of things I can't stand doing. I know I'm in the minority.

With more and more people DIYing their homesteads into dream palaces, the inclination to have friends over to enjoy the fruits of their labours — during a nice meal accented with a glass of wine — has never been stronger.

Finding an all-purpose dinner wine that will work well with a variety of menus while appealing to a wide range of picky palates isn't easy.

Pinot grigio is my go-to grape on the white side. Italy's Santa Margherita 2011 Pinot Grigio ($16.95 to $21.49) has a crisp, refreshing, lightly citrusy personality that makes a very accommodating table mate. For a red people-pleaser, think sweet rather than dry. E & J Gallo's 2010 Apothic ($14.99 to $17.99) from California has a cocktail vibe to its ripe, just-crushed red berry fruit flavour, thanks to a supportive backbone of residual sugar. Add a slight chill and it pairs remarkably well with most main courses.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Fuel your body with Fresh Organic Produce
Bin Service
- Pick up or delivery
- Organic, fresh, and flavourful, local when available
- Convenient; save yourself the time spent grocery shopping
- Locally owned and operated
1307A Ottawa Street, Regina, SK
(North of Father's Furniture on 8th Ave. between Broad and Winnipeg St.)
306.352.FUEL (3835)
body fuel ORGANICS
www.bodyfuelorganics.ca • bin@bodyfuelorganics.ca
Growing happy people with wholesome food!

5 GoldenMile BOWLING LANES
WEEKLY SPECIAL
9:30pm – Midnight
Only $35 per lane
Daily Drink Specials!
5 GoldenMile BOWLING LANES
generalmanager@goldenmilebowl.com
Unit #14
3806 Albert St.
Regina, SK S4S3R2
(306) 586-2626

GREAT CHRISTMAS GIFT IDEA!
Play Better Golf!
Zummack's Personalized Golf Academy
Garth Zummack would like to invite the beginner, recreational & advanced golfers to experience what he has done for thousands of local golfers for over 20 years!
Improve their game!
KNOWLEDGE + PATIENCE + PRACTICE = GOLF ENJOYMENT
Garth Zummack CGTF
(306) 757-7266
2460 7th Ave., Regina

4 SPORTS

NHL lockout

No progress after mediation

Two days of mediation was unable to push the NHL and NHL Players' Association closer to a new collective bargaining agreement.

No progress was reported after a series of meetings with U.S. federal mediators Scot L. Beckenbaugh and John Sweeney in Woodbridge, N.J.

"After spending several hours with both sides over two days, the presiding mediators concluded that the parties remained far apart, and that no progress toward a resolution could be made through further mediation at this point in time," deputy commissioner Bill Daly said Thursday in a statement.

THE CANADIAN PRESS

NHL

Wild goalie diagnosed with multiple sclerosis

Minnesota Wild goalie Josh Harding has been diagnosed with multiple sclerosis.

The Wild confirmed Thursday that Harding is undergoing treatment for the disease, which attacks the body's immune system and affects the central nervous system.

The 28-year-old Harding told the Minneapolis Star Tribune he plans to keep playing. THE ASSOCIATED PRESS

Josh Harding
THE ASSOCIATED PRESS FILE

Coyotes captain Shane Doan sent out word that there would be a mini-camp this week, luring players to Scottsdale, Ariz. About 30 players showed up to work out and play in scrimmages simulating game speed. CHRISTIAN PETERSEN/GETTY IMAGES FILE

Arizona an oasis for locked-out NHLers

Looking for action. Players from across North America descend on star-studded scrimmages in desert

Quoted

"It just picks up the competitiveness and everyone wants to prove that they're capable of playing and it's a lot of fun."

Phoenix Coyotes captain Shane Doan

Phoenix Coyotes goalie Mike Smith lowered into a crouch as the odd-man rush developed in front of him.

The puck went to the left wing and he followed, lodging his skate against the post. A touch pass sent the puck across the front of Smith's crease and he slid over in a flash, whipping his right pad out for a sprawling save, setting off a collective "Oh!" from fans lining the glass behind him.

NHL players on the ice, competing hard, fans cheering them on — it almost felt like a real game.

Of course, it was only a scrimmage in front of a couple hundred people at the Coyotes' practice facility, but as the NHL lockout drags on, fans — and the players — will take anything they can get.

"This is awesome," said Jane Pittet of Scottsdale, Ariz., who left work to catch Thursday's workout at the Ice Den. "I wish it were the real thing, but this is fun to watch."

The Phoenix Coyotes have been holding informal workouts at their practice rink since the lockout started and this week were joined by more than a dozen players from around the league.

Pittsburgh star Sidney Crosby, San Jose forward Patrick Marleau, Buffalo goalie Ryan Miller and Dallas forward Brendan Morrow all made the trip to the desert to skate with the Coyotes.

It was a chance to step up in competition and play against someone other than their teammates.

"It was fun to be out there and, OK, I've actually got to stop this puck," Miller said. "I kind of tried to pretend I was back in front of the home crowd and had to make a stop, so it was good."

The Coyotes have had good turnouts for their player-organized workouts, skating with a dozen or so players who haven't gone to play overseas or in the AHL, while a handful of players from other teams have occasionally joined in.

Crosby helped organize a couple of gatherings in Dallas and Vail, Colo., and the group headed to Arizona this week to join the Coyotes.

THE ASSOCIATED PRESS

Buehrle won't be bullied by pit bull ban

New Blue Jays pitcher Mark Buehrle delivers a pitch against the Washington Nationals on Sept. 8. NED DISHMAN/GETTY IMAGES FILE

Mark Buehrle, one of the newest Blue Jays and a proud pit bull owner, says he will add his voice to those calling for an end to Ontario's seven-year ban of the allegedly dangerous pets.

"I think it's a discriminatory law," Buehrle said Thursday via conference call, adding that he and his wife, Jamie, have already made contact with advocacy groups in Ontario. "We are big spokesmen of it and we're trying to do what we can do to try to help other people out."

Acquired by the Jays this month in a 12-player trade with the Miami Marlins, Buehrle has yet to arrive in the city and may not even end up living here.

Quoted

"Trust me, I will be behind him every step of the way."

Toronto NDP MPP Cheri Di Novo, who has been leading the fight against the pit bull ban

But when he gets to Toronto next season, his impact could extend far beyond what he does on the pitching mound.

The movement to repeal Ontario's controversial prohibition of pit bull-type dogs has gained momentum in recent years as it inches closer and closer to its goal. Buehrle's celebrity endorsement could be what the campaign needs to succeed. TORSTAR NEWS SERVICE

Changing stances

Bill 16, a private member's bill to repeal the ban, passed second reading in legislature but was denied by the governing Liberals.

- Ohio removed pit bulls from their definition of "vicious" dogs in May, the Netherlands repealed their 15-year ban in 2009, Vancouver in 2005 and Delta, B.C., in 2011.

Leafs prospect draws rave reviews

WHL. Fifth overall selection in draft draws hefty comparisons to NHL blue-liners

CAM TUCKER
Metro in Vancouver

Morgan Rielly draws a number of different comparisons to NHL defencemen — past and present.

For instance, Rielly, the Moose Jaw Warriors' slick-skating offensive blue-liner and product of West Vancouver's Hollyburn Country Club, believes he emulates Kris Letang of the Pittsburgh Penguins.

His head coach in Moose Jaw, Mike Strothers, goes one bigger, comparing Rielly's skills to Brian Leetch, a Hockey Hall of Famer, two-time Norris Trophy winner and Conn Smythe winner during the New York Rangers' 1993-94 Stanley Cup run.

"Two pretty good comparisons if you ask me. I'm not going to complain about either one of them," Rielly said Wednesday, after scoring the winning goal in the Warriors' 2-1 victory over the Vancouver Giants.

Indeed, the future looks bright for the Toronto Maple Leafs first-round, fifth overall selection in June's NHL Entry Draft.

He was the Warriors' most dynamic offensive threat against the Giants, jumping into the rush on several occasions, even finding himself on a short-handed breakaway in the third period.

He didn't score on that opportunity. His shot rang off the post.

"Morgs (Rielly) does have some restrictions, but you don't want to stifle his creativity and his skating ability," said Strothers.

Now awaiting the 18-year-old Rielly is an invitation to Canada's selection camp for the upcoming world junior hockey championship.

Hockey players are systematically taught not to think ahead past their next game, but Rielly admitted he's thought about representing Canada.

"It's obviously pretty hard to not be concentrated on that," said Rielly, who missed 54 games last season due to a torn anterior cruciate ligament.

"But I'm also just trying to keeping playing a good year here in Moose Jaw with this team and keep trying to a win every night."

By the numbers

30

After Wednesday's game, Morgan Rielly had accumulated five goals and 25 assists for 30 points in 28 games with the Moose Jaw Warriors.

Not losing sleep over missed chance with Leafs

Morgan Rielly says last year's knee injury and his high draft selection have not changed him and that he doesn't want to think too much about the chance to play for the Leafs.

- "Obviously that didn't happen, but I wasn't too worried about trying to play on that team as an 18-year-old," he said. "It didn't happen but, hopefully I get that chance in the future."

THE CANADIAN PRESS

Moose Jaw Warriors defenceman Morgan Rielly looks up ice for an open teammate in the first period of Wednesday's Western Hockey League game against the Vancouver Giants at the Pacific Coliseum. CAM TUCKER/METRO

Curling

Undefeated Lawton just keeps rolling at Canada Cup

Stefanie Lawton can now count the defending champions among her victims at the Capital One Canada Cup curling competition.

The Saskatoon skip improved to 4-0 Wednesday with a 7-5 win over Team Jones in Draw 5 action. Trailing 3-2 after Kaitlyn Lawes and her Winnipeg rink put up a deuce in the fourth end, Lawton came back with two in the sixth and two in the eighth before capping the victory with a point in the 10th.

It was Lawton's second close win of the day. Earlier, she needed an extra end to defeat Winnipeg's Chelsea Carey 6-5. Lawton's success in Moose Jaw, Sask., is moving her closer to a possible Olympic berth. The winner of both the men's and women's tournaments will receive one of the six automatic qualification spots for the 2013 Roar of the Rings — the tournament that will determine who advances to the 2014 Winter Olympics.

THE CANADIAN PRESS

jiffy lube
"BE WISE WINTERIZE"
272 Albert Street 775-2600
317 Victoria Ave. E 352-7414
MONDAY TO WEDNESDAY 8AM - 6PM
THURSDAY TO FRIDAY 8AM - 7PM
SATURDAY 8AM - 5PM
✔ Warranty Approved ✔ No Appointment Necessary ✔ 20 Point Inspection
$10 OFF WINTER MAINTENANCE PACKAGE*
*Includes Wiper Blades. Not valid with any other offer. One coupon per visit. WARRANTY APPROVED. Coupon expires Dec. 30, 2012.
$10 OFF FULL SYNTHETIC OIL CHANGE
Not valid with any other offer. One coupon per visit. WARRANTY APPROVED. Coupon expires December 30, 2012.
$15 OFF •Tranny Flush •Coolant Flush •Differential •Transfer Case
Not valid with any other offer. One coupon per visit. WARRANTY APPROVED. Coupon expires December 30, 2012.

Soccer. Sinclair snubbed for FIFA women's player of the year award

John Herdman says it's a "travesty" that Canada's soccer captain Christine Sinclair has been snubbed for FIFA's women's player of the year award.

But the coach of the Canadian team that captured bronze at the London Olympics said a lack of knowledge about the women's game is more to blame than any malicious intent.

And besides, the coach added, international recognition isn't what his star striker plays for.

"It's a travesty," Herdman said from Vancouver. "A player who can score a hat trick in a semifinal and lead her country to the first (Olympic team) medal since 1936, the first time Canada's ever been on a (soccer) podium at one of these events, and still be one of the leading scorers in the world ... and she can't get in the top three.

"There's something wrong somewhere. But at the end of the day, you don't want to be pointing fingers at people. It is what it is."

The 29-year-old from Burnaby, B.C., led Canada to bronze in London in spectacular fashion, scoring an Olympic-record six goals to win the Golden Boot. She recorded a hat trick in a 4-3 extra-time semifinal loss to the U.S.

Canadian international Christine Sinclair won't be on the shortlist for this year's FIFA player of the year award. GETTY IMAGES FILE

Americans Abby Wambach and Alex Morgan and Brazil's Marta make up the final three, after a vote by national team coaches, captains and reporters. The winner will be announced in Switzerland on Jan. 7.

Herdman voted for Sinclair, Wambach and Camille Abily of France.

Sinclair, Canada's flagbearer at the closing ceremonies in London, was suspended four matches by the sport's governing body for comments she made after Canada's semifinal loss to the U.S. THE CANADIAN PRESS

Tiger stays in the hunt

Tiger Woods hits a chip shot during the first round of the World Challenge golf tournament at Sherwood Country Club in Thousand Oaks, Calif., Thursday. Woods shot a 70, which left him very much in the hunt at an 18-man event where he is more than just a tournament host. BRET HARTMAN/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Life is good and getting better by the moment but for some strange reason you seem to be fearing the worst at the moment. Don't worry, whatever disaster you think is lurking round the next corner will fail to materialize.

♉ Taurus
April 21 - May 21
Steer clear of disputes and disagreements that have nothing directly to do with you. If you allow yourself to be dragged in by one side or the other, you may never get out again — and you'll lose friends on both sides.

♊ Gemini
May 22 - June 21
You have worked hard to get to your present position in life, so don't feel guilty just because not everyone hasn't been as fortunate as you. Lady Luck smiles most on those who deserve it — and you do.

♋ Cancer
June 22 - July 23
An opportunity to get on in the world will arrive out of the blue today or over the weekend. It could mean a promotion but it could also mean that you pack a bag and travel to some exotic land.

♌ Leo
July 24 - Aug. 23
You have accomplished a lot this year but you know you are capable of more, so step up a gear and let the world know what a special individual you are. The planets will do something to give you a push today.

♍ Virgo
Aug. 24 - Sept. 23
You need to get over the idea that everyone sees the world the same way as you. If nothing else, it puts you at a disadvantage by making it hard for you to take on board other people's insights and discoveries.

♎ Libra
Sept. 24 - Oct. 23
You must find time in your busy schedule to let partners and loved ones know how much you care for them. On the home front, especially, you seem to have been a bit distant of late. Do some fun things together today.

♏ Scorpio
Oct. 2 04 - Nov. 22
Don't worry if certain people seem less than enthusiastic about your plans because most likely they are jealous and want to see you fail. You won't, of course. You'll succeed brilliantly and won't let them forget it.

♐ Sagittarius
Nov. 23 - Dec. 21
If you do small favours for other people now, they will do big favours for you later on. So, make an effort and make friends with those you interact with both personally and professionally. You may need their help soon.

♑ Capricorn
Dec. 22 - Jan. 20
An opportunity to move up in the world will come your way today and you must grab it with both hands. It will certainly mean more work and more responsibility but since when have you been a stranger to those?

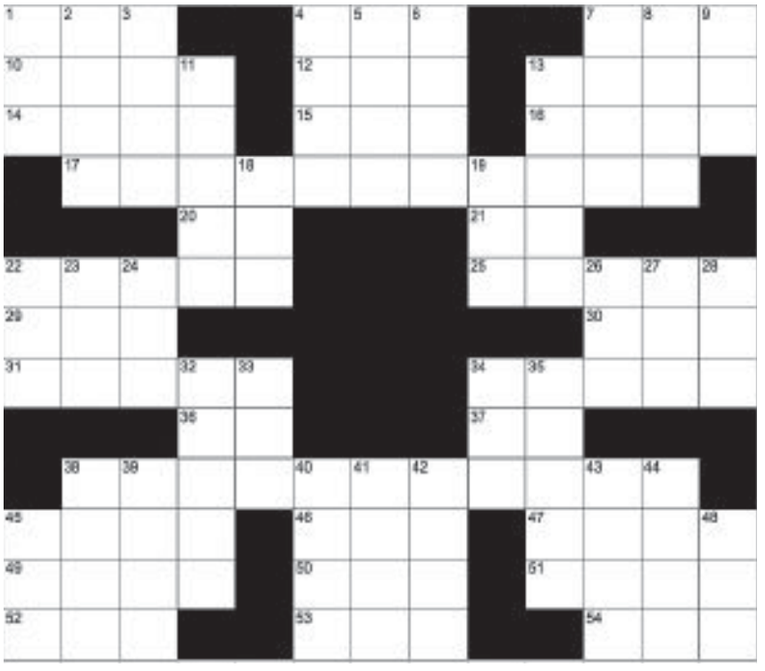
♒ Aquarius
Jan. 21 - Feb. 19
You need to make amends for something you did or something you said a while back. It may not have been your intention to be hurtful but the fact is you were and egos can be such fragile things.

♓ Pisces
Feb. 20 - March 20
Make sure you get the respect you deserve from those you work with. Sometimes you can be a bit too easygoing for your own good but today you really must put your own needs first.

SALLY BROMPTON

Crossword

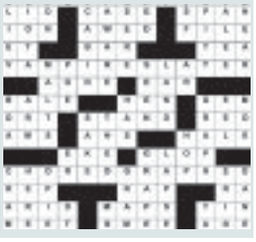
BY BETTY MARTIN



Across
1. Request
4. Wise old bird
7. Alice spin-off
10. Ogle
12. Prior to
13. "A Simple —"
14 Courtroom bargain
15. Plural suffix
16. Flying (prefix)
17. Novice workers
20. "That is" Latin abbr.
21. Gone with the Wind actress Olivia – Havilland
22. Tons
25. Emmy cousin
29. Time Warner cable network (abbr.)
30. Casual greeting
31. Sour
34. Frighten away
36. He played "Dirty Harry" (init.)
37. Ready – Not
38. One who finishes hair (2 words)
45. West Germany capital
46. Yes, to Angus
47. Only
49. Eager
50. Late night weekend skit show (init.)
51. Predecessor of Johnny Carson
52. Microsoft internet site (abbr.)
53. Predatory fish
54. Resort

Down
1. Swiss mountain
2. Actress Ward of Once and Again
3. Save for oneself
4. Sheriff Taylor's son
5. Songbird
6. — We Forget
7. On the lam
8. Phyllis's never seen husband on Mary Tyler Moore
9. Mrs. John Lennon
11. Speedy
13. Walks back and forth
18. Telephone book listing (abbr.)
19. Wedding vows
22. — Na Na
23. Canadian Broadcasting Corporation (abbr.)
24. Agency of Record (abbr.)
26. Part of a Dancing with the Stars dance
27. — Lingus
28. Deli bread
32. Cake covering
33. James Van – Beek of Don't Trust the B—in Apartment 23
34. Sun God
35. Curl
38. Swine
39. Soon
40. Envelope abbr.
41. Actress Daly of Judging Amy
42. Scream
43. Oceans
44. Ensnare
45. Emeril's favourite expression
48. Time frame

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	5		7		4		8	
			9		5			
8		9				2		7
		4	5		7	1		
7								4
		2	1		9	8		
5		1				3		8
			8		6			
	6		3		1		9	

Yesterday's Sudoku

PLANET SCUBA
DID YOU KNOW...
WE OFFER A COMPLETE SELECTION OF:
•Swim & Travel wear for all ages •Underwater Cameras •Snorkeling gear and Prescription goggles
Come down today!
1172 ALBERT ST. 586-4757

HAKIM OPTICAL
joy
2 pair $199
Receive a complimentary $50 Gift Card
Over 160 Discount Outlets... 140 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

Season's Meatings
Happy Moo Year!

WESTERN STYLE!

Beef Tenderloin $49 7 lbs CASH ONLY

CHRISTMAS SAUSAGE • PEROGIES • CABBAGE ROLLS • HAMS • TURKEYS

UKRAINIAN DINNER $19.99 • 24 PEROGIES • 12 CABBAGE ROLLS • 4 SMOKED SAUSAGES

RED MEAT WAGON
SPRINGBANK CHEESE CO.

OPEN TUES. TO SAT.
9:30 AM - 6:00 PM
GOING GREEN MEANS
CASH OR INTERAC ONLY!
U.S. CASH AT PAR
3524-13TH AVE
569-1976